

Daily Eagle

R. R. TIME TABLES.

Denver, Memphis & Atlantic.

NAME OF STATION	Time
Denver	7:00 a. m.
Wichita	10:00 a. m.
Memphis	1:00 p. m.
Atlantic	4:00 p. m.

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ATTORNEYS-AT-LAW.

J. M. BALDERSON.

J. R. SITES.

JONES & MONTAGUE.

REUBEN H. ROYS.

D. W. WELTY.

J. WALTER DeLACOUR.

CLEMENT & WILSON.

J. E. HALL.

HALL & HUME.

EDWIN WHITE MOORE.

W. E. CAMPBELL.

CAMPBELL & DYER.

SMYTH & BROOKS.

W. A. MORRIS.

A. T. CARPENTER.

SLUSS & STANLEY.

J. F. LAUCK.

HATTON & RUGGLES.

JAMES F. MAJOR.

D. A. MITCHELL.

E. D. PARSONS.

H. E. CORN.

F. P. MARTIN.

J. M. HUMPHREY.

COLLINGS & PLATT.

ADAMS & ADAMS.

HARRIS, HARRIS & VERMILION.

O. D. KIRK.

W. S. MORRIS.

SANKEY & CAMPBELL.

DR. CAROLINE LE BEAU.

G. M. BIBBEE, M. D.

J. H. TERRILL, M. D.

N. L. COINER, M. D.

J. H. FORDICE.

DR. B. F. HASKINS.

Dr. T. L. ANDREWS.

PHYSICIANS.

E. E. HAMILTON, M. D.

P. D. ST. JOHN, M. D.

DR. J. J. STONER.

DR. B. A. GUYTON & SON.

DR. C. C. ALLEN.

DRS. MCCOY & PURDY.

RUSSELL & JORDAN.

DRS. ORDWAY & PEARMAN.

DR. CHARLES A. WILSON.

E. B. RENTS, M. D.

L. S. MUNSELL, M. D.

J. E. BENNETT, M. D.

W. A. MINNICK, M. D.

J. H. TILDEN, M. D.

DENTISTS.

SMITH & HOUGLAND.

McKEE & PATTEN.

DR. J. C. DEAN.

DRS. W. L. DOYLE & WILSON.

MUSIC TEACHERS.

HENRY HOFFMAN.

MRS. S. T. HENDRICKSON.

ARCHITECTS.

GOULD & TERRY.

J. M. GILE.

C. W. KELLOGG & SON.

DUMONT & HAYWARD.

PROUDFOOT & BIRD.

MISCELLANEOUS.

GEO. F. STEWART.

DR. D. T. SNOKE.

RODGERS.

DR. E. M. CONKLING.

W. H. STERNBERG.

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VREDENBURGS, COSTUMERS.

349 N. MAIN ST.

SCIENCE OF FASTING

AS EXPUNDED BY A MAN WHO

FASTED FORTY-FIVE DAYS.

Mr. John Griscom Thinks a Thirty Days'

Fast an Indispensable Matter—Speed and

His Elucidation—Fasting as a Remedial

Agent.

Learning that Mr. John Griscom, who

fasted forty-five days in Chicago in 1881,

was in town, a reporter from this paper

called on him for a talk on the subject.

He said that in the last twenty years

since he made the subject a special

study, he has fasted at least fifty times,

the periods being all the way from two

and three weeks to thirty days, besides

his celebrated fast of forty-five days

which is the longest time on record.

"In fact, I have fasted these periods so

many times," he added, "that I consider

a fast of twenty-five or thirty days as an

insignificant matter. For such a period

it requires no special effort or endurance

—it is consistent for there is no apparent

change in a person who goes at it in

the right way nor any depletion. From

my experience I regard it as a natural

thing, and as easy to fast twenty-five or

thirty days as three days. I have often

gone without food for twenty-one days,

and have shown no sign of having gone

without a meal."

"What about others who know of who

have fasted?"

"Well, there is Dr. E. P. Miller, of this

city, who tells me he has fasted twenty-three

days, and the people in the hotel where

he was living did not know of it. He

kept at his work right along and it did

not affect him at all. This is entirely

contrary to Tanners' fast, over which so

much was made here, which was a very

supreme endurance. Another man whom

I have met who fasted was one of the

most remarkable cases. He went by

the name of Budd Henry. He was cap-

tured by the Indians and put in a cave

where his surroundings were so disagree-

able that he could not eat a mouth-

ful. He fasted in this way thirty-nine

and three-quarter days before he effected

his escape. A remarkable result followed.

He developed a wonderful mental cap-

acity and astonished everyone by it. But

this was an entirely exceptional case.

SUCCESSION AND HIS ELIXIR.

"What do I think of success and his

elixir, a drop of which enables him to

fast forty-eight hours? Though I think

such a thing would be a very beneficial

discovery, I take no stock in it. As to

Fisher, whose elixir it is claimed will en-

able other people to fast, I think what

he attributes to the effect of his elixir, is

due simply to a belief that it makes fast-

ing unobtrusive. It is a matter of fact

that a person does feel better after a fast

of forty-eight hours. It is true that a

craving for food will take place in this

time, because the system is in the habit

of taking food, but after that the sensa-

tion does not occur.

"The application of all this is the en-

listment of all the intellectual faculties.

A person to fast through the will power,

not believing it is right, would destroy

the nervous system in two or three days.

But if there is a full belief that it can be

done, without harm, one can do it easily.

The trouble is the majority of people be-

lieve that it can't be done, and thus peo-

ple frighten themselves to death rather

than starve to death. I never found,

until I fasted, a human being—doctor or

anybody else—who thought it at all

probable such a thing could be done. Even

now leading physicians insist that it can't

be done. For years I have given the sub-

ject special study, and I believe it is time

now, in the renewed agitation of the sub-

ject, to make the application. Either

fasting is a good thing or it isn't. This

is the secret that physicians, physiolo-

gists and scientists have not found out

yet."

A GREAT REMEDIAL AGENT.

"Suppose the prejudice against fasting

to be removed, what will be the practical

results?"

"It would be shown to be the greatest

remedial agent known. It would be the

means of killing incipient diseases and

effecting remarkable cures. With the pre-

judice against fasting wholly removed any

one in the enjoyment of perfect health

could fast two or three weeks without in-

convenience. But if a man should fast

simply as an experiment, without a full

belief that he could do it, he would kill

himself. My own life was saved by fast-

ing. I don't look like a very sick man

now, but I did at one time. I eat a very

small loaf of bread and some fruit, with

two or three cups of coffee. (Mr. Gris-

com is a large, well built man, weighing

over 200 pounds, and has a ruddy healthy

look.)

"I walk five or ten miles a day, have a

clear head and never a thought of hunger.

I have got to prefer this way of living,

and find it amply sufficient. From this I

am convinced that people would be a

good deal healthier if they should eat

less."

"Are you willing to demonstrate these

ideas to the public?"

"I have gotten through with fasting,

and had almost forgotten about my long

fast until the attention now being called

to the subject recalled it to me, and I

would not undertake to fast again unless

it should become important in the inter-

ests of science to do so. Even then I

should want everything about the experi-

ment to be thoroughly respectable and to

be invited to do so by the best authority.

If it seemed necessary to get at the truth,

as compared with elixir business, then I

would be willing to put myself entirely

under scientific care for, say, thirty days'

fast, regarding which physicians might

make their own conditions provided they

were reputable men."—New York Mail

and Express.

Picture of Puget Sound.

Puget sound lies like a hand with its

fingers stretching in and out of the

shores that come plumply down to meet

it on every side. It is a very well kept

hand, neat around its edges. I never

saw salt water and land agree so well be-

fore.—Kate Field's Letter.

Hugo's First Poetry.

When Victor Hugo carried his first

manuscript of poetry to a publisher it was

handed back to him unread, "because

poetry was a drug on the market." It

proved to be a sorry blunder for the pub-

lisher."

A Reprehensible Custom.

Ask a man regarding what he knows,

and the answer will prove satisfactory.

What makes most men appear ignorant

is the reprehensible custom of obtaining

among questioners in the practice of

catching him about things with which

he is entirely unfamiliar.—Boston Trans-

cript.

When Hangings Should Take Place.

Only about one-half of the governors

of hanging states now observe Friday as

hangman's day. If the remainder had

the sense to make a change the ill luck

which still attaches to the day in many

minds would soon be dissipated. All

murders should be hung on the first of

the week.—Detroit Free Press.

Brands of Cigarettes.

There are no less than 200 brands

of cigarettes manufactured. Some

brands have long or short lines according

to their quality and name, and many

name or picture on a wrapper giving

aids in selling certain brands.—Brooklyn

R. W. LEBROCK.

W. J. BROWN.

Aldrich & Brown,
Wholesale and Retail Druggists,
The Oldest and Largest House in the City.
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E. D. ALLEN, Notary Public.

C. W. GRAHAM.

C. E. JONES, Notary Public.

Allen, Graham & Jones.

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acre tracts for Plating Hill, South, East and West of the city.
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W. M. RHODES.

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